

The 12 Steps of Alcoholics Anonymous

- Step 1.** We admitted we were powerless over alcohol — that our lives had become unmanageable.
- Step 2.** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3.** Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Step 4.** Made a searching and fearless moral inventory of ourselves.
- Step 5.** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step 6.** Were entirely ready to have God remove all these defects of character.
- Step 7.** Humbly asked Him to remove our shortcomings.
- Step 8.** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step 9.** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10.** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11.** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- Step 12.** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

A.A. meetings can be 'Closed' or 'Open'.

*C -Closed: meeting is for any person who has a desire to stop drinking.

*O -Open: meetings are for members of the community who may wish to have more information about A.A.

The Difference Between AA-Related Discussion Groups and Traditional AA Meetings:

Unlike traditional AA meetings, Spirit Group offers free flowing conversations related to AA. By design, this group compliments AA.



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God, grant me the
SERENITY
to accept the things I can
not change,
COURAGE
to change the things I can,
and
WISDOM
to know the difference.

Updated: June 30th, 2024

SUNDAY

10:00am Sunday Serenity *O *upstairs*

5:00pm STEPS TO FREEDOM *O *upstairs*

MONDAY

10:00am New Horizons *C *upstairs*

7:00pm North Rd Group *O *upstairs*

7:00pm Mancave Mondays *C *downstairs*

TUESDAY

10:00am S.O.S (Sisters of Sobriety) *C *downstairs*

10:00am New Horizons *O *upstairs*

7:00pm North Rd Group *C *upstairs*

7:00pm Big Book Study *C *downstairs*

WEDNESDAY

9:00 am Men's Meeting *C *downstairs*

10:00am New Horizons *O *upstairs*

6:30pm Alanon *O *upstairs*

6:30pm Steps and Traditions *O *downstairs*

THURSDAY

10:00am New Horizons *C *upstairs*

5:30pm We are One *O *upstairs*
(Any 12 step Program)

7:00pm Spirit Group *O *upstairs*

FRIDAY

10:00am New Horizons *C *upstairs*

6:30pm 11th Step Meditation Meeting *O *downstairs*

8:00pm Open Talk *O *upstairs*

SATURDAY

7:30am Saturday Straggler's *C *downstairs*

6:30pm Young Peoples *O *downstairs*
(all ages welcome)

8:00pm Saturday Night Open Talk *O *upstairs*
(formally at St. Jude's)